

(Breakthrough, Spring 1988)

## HEMI-SYNC® IN THE DELIVERY SUITE

by Sheila Bick, S.R.N.

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Due to the nature of labour, my work in the Delivery Suite varies a great deal. Some days I may admit two or three women who are not established in labour and after assessing their condition simply transfer them to the Ante-Natal ward. At other times, I may be called into a room at the last minute, perhaps just to supervise a delivery. Of course, the ideal situation does happen—when I care for a woman from the early stages of labour and nurse her through to delivery.

Given these varied circumstances, I have been able to select quite a number of mothers that I thought would benefit from the use of Hemi-Sync tapes. I have used the METAMUSIC tapes *Midsummer Night* and *Sunset*. I would say they have been very helpful in all cases, and at least two of my patients have been enraptured. With one patient, I had to stop playing the tapes because her husband couldn't stay awake!

In another case, I was with a woman from 1:30 pm to 10 pm, and she found the tapes so helpful, I left them so the next midwife could continue to play them for her. She was in the second state as I left, and I anticipated an instrumental delivery as the baby seemed big. (It is very difficult to leave a patient in advanced labour, but I have to be sensible about it.) She had a forceps delivery at 1 am. When I went to see her the next day, the first thing she did was thank me for leaving the tapes.

Yesterday, I looked after a lovely lady from admission, to the Delivery Suite, to post-delivery. After I had her settled in, examined, and assessed, I made her comfortable on all fours over a bean bag. She didn't see me putting on the tape and as the sounds drifted over she said, "Oh, what beautiful music!" I played the two tapes throughout her labour, which was fairly short. I turned the tapes off for the second stage as they didn't seem to blend with the activity of delivery. She needed an episiotomy and was really dreading the suturing. I turned on *Sunset* and we took our time getting her positioned. She just lay back, completely relaxed, while I stitched her wound. I might say I felt the benefits also...

Many of our nurses would like copies—mainly for themselves or relatives who suffer from insomnia.

I will write to you again with further reports. I am completely convinced the tapes help bring about a beautiful relaxed atmosphere which can only be beneficial...

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